

**“We perceive that only through utter defeat are we able to take our first steps towards liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.**

**We know that little good can come unless he has first accepted his devastating weakness and all its consequences. Until he so humbles himself, his sobriety – if any – will be precarious. Of real happiness he will find none at all.**

**The principle that we shall find no enduring strength until we first admit complete defeat is the main taproot from which our whole Society has sprung and flowered.”**

AA 12&12, Page 21-22

## Step 1

We admitted we were powerless over food – that our lives had become unmanageable.

**Spiritual Principle:** Honesty

## Tradition 1

Our common welfare should come first; personal recovery depends upon OA unity.

About Overeaters Anonymous

[www.oa.org](http://www.oa.org)

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively.

There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive overeating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps to those who still suffer.

Always to extend the hand and heart of OA to all who share my compulsion, for this I am responsible.

*This newsletter is locally produced. Personal stories express the experience, strength, and hope of the individual member and not of OA as a whole.* | 1

When several meetings form in an area, they soon realize that they can better perform certain functions together rather than separately. GC Intergroup is directly responsible to the meetings it serves.

The **Gold Coast Intergroup** provides support to OA meetings and members within the South Florida area, spanning northern Miami-Dade, Broward, and southern Palm Beach counties.

**Our mailing address is P. O. Box 5415, Lighthouse Point, FL 33074.**

**7<sup>th</sup> Tradition checks: Please include your meeting's location, day, time, and number, found on page 8**

**GC Intergroup meets on the 4<sup>th</sup> Saturday of each month at 10:00 AM.**

Community Church of Lauderdale-by-the-Sea  
4433 Bougainvillea Drive, Lauderdale-by-the-Sea, FL 33308

**7<sup>th</sup> Tradition checks: Please include your meeting's location, day, time, and number, found on page 8**

**This month's meeting is on Saturday, January 25, 2020, all are welcome!**

## Gold Coast Intergroup Trusted Servants

Chair, <b>OPEN!</b>	<b>OPEN!</b>	<a href="mailto:goldcoastoa+chair@gmail.com">goldcoastoa+chair@gmail.com</a>
Vice Chair, <b>OPEN!</b>	<b>OPEN!</b>	<a href="mailto:goldcoastoa+vchair@gmail.com">goldcoastoa+vchair@gmail.com</a>
Treasurer, <b>OPEN!</b>	<b>OPEN!</b>	<a href="mailto:goldcoastoa+treas@gmail.com">goldcoastoa+treas@gmail.com</a>
Corresponding Secretary, <b>OPEN!</b>	<b>OPEN!</b>	<a href="mailto:goldcoastoa+csec@gmail.com">goldcoastoa+csec@gmail.com</a>
Recording Secretary, <b>OPEN!</b>	<b>OPEN!</b>	Anonymous
Parliamentarian, <b>OPEN!</b>	<b>OPEN!</b>	<a href="mailto:odatbook@yahoo.com">odatbook@yahoo.com</a>
12th Step Within, <b>OPEN!</b>	<b>OPEN!</b>	<b>OPEN!</b>
Public Information/Professional Outreach, Richelle	954-326-8069	<a href="mailto:goldcoastoa+pipo@gmail.com">goldcoastoa+pipo@gmail.com</a>
OA Literature, <b>OPEN!</b>	<b>OPEN!</b>	<a href="mailto:goldcoastoa+lit@gmail.com">goldcoastoa+lit@gmail.com</a>
Ways and Means, Lila	954-593-6621	<a href="mailto:goldcoastoa+treas@gmail.com">goldcoastoa+treas@gmail.com</a>
Website Liaison, Sandy G.	954-275-6100	<a href="mailto:goldcoastoa+web@gmail.com">goldcoastoa+web@gmail.com</a>
Unity Editor, Anonymous	Anonymous	<a href="mailto:goldcoastoa+unity@gmail.com">goldcoastoa+unity@gmail.com</a>
Announcements/Updates to Unity & Website		<a href="mailto:goldcoastao+announce@gmail.com">goldcoastao+announce@gmail.com</a>

\*OA groups and service bodies are welcome to reprint UNITY articles without permission.

### Message from the GC Intergroup Chair:

Step One: We admitted we were powerless over alcohol - that it made our lives unmanageable.

"An alcoholic in his cups is an unlovely creature," wrote Bill W at the end of Bills story in the Big Book. How true is this, when it comes to relapse with food. But a little while further, he states, "There is, however, a vast amount of fun about it all. I suppose some would be shocked at our seeming worldliness and levity." A good belly laugh in a meeting tells me that there is hope in the members and that I'm not alone. "But underneath there is deadly earnestness." We deal with food, cunning, baffling, and powerful. In recovery, in this country, we must navigate two industries, sugar and diet, that don't mind if this disease kills us, as long as they get our money. This month, while my peers are starting diet and exercise regimes which will fail, as an abstinent person, I can share my experience, strength and hope to the Compulsive Overeater who still suffers, so can you.

Tradition One: Our common welfare should come first; personal recovery depends on A.A. Unity. I learned the importance of this Tradition this year, as Chair of Gold Coast Intergroup. Service helped me grow out of my selfish, self-centeredness and towards unity; and that makes me useful to my Higher Power.

Yours Truly,  
**Tessa Q**

# Happening soon!

## Consider Serving in 2020!

"There is action and more action. "Faith without works is dead.""

**Gold Coast Intergroup Bylaws (Revised July 2012):**

### Article IV – THE GCI BOARD

#### SECTION 1 – THE GCI BOARD

"The Board shall consist of a Chair, Vice Chair, Recording Secretary, Corresponding Secretary, Treasurer, World Service Delegates and Regional Representatives, and a Parliamentarian.

#### SECTION 3 – QUALIFICATIONS OF GCI BOARD

- A. Working the Twelve Steps of the recovery program for one (1) year to the best of the individual's ability.
- B. Familiarity with the Twelve Traditions.
- C. One-year (12 months) back-to-back physical abstinence.
- D. Regular attendee of an active group for a period of one (1) year and to be or have been an IR.
- E. Attendance at GCI meetings for a minimum of 6 months prior to being nominated.
- F. Familiarity with the Twelve Concepts of OA service.
- G. The World Service Business Conference Delegate/Alternate shall meet the qualifications and requirements as outlined and defined in the Overeaters Anonymous, Inc. Bylaws, Subpart B, Article X, Section 3, and as required for election to the GCI Board by Article IV, Section 4 of these bylaws.
- H. The regional representative/alternate shall meet the qualifications and requirements as outlined and defined in the Region 8 Bylaws, and as required for election to the GCI Board by Article IV, Section 4 of these bylaws.

## Celebrating 60 Years



*Happy ~ Joyous ~ Free*

## 2020 CONVENTION

*presented by ...*

## Miami-Dade and The Keys Intergroup

**Saturday, January 18, 2020**

**8:30 AM - 6:30 PM**

**Miami Shores Country Club  
10000 Biscayne Blvd.  
Miami Shores, FL 33138**

**Contact: Mike F. (954) 270-9169**



Dear Intergroup Representatives,

**COME CAST YOUR VOTE:**

## GOLD COAST INTERGROUP BOARD ELECTIONS

Your meeting's vote is its voice.  
Come take part in electing the trusted  
servants of the 2020 Gold Coast Intergroup.

**Voting will take place at:  
January 25<sup>th</sup> IG Meeting at 10 am  
Community Presbyterian Church  
4433 Bougainvillea Drive,  
Lauderdale-by-the-Sea, FL 33308**



## Traveling the Bayou to Recovery

Uncover, Discover, Recover  
on the Bayou

**SOAR 8  
RECOVERY CONVENTION  
AND BUSINESS ASSEMBLY  
AND BUSINESS ASSEMBLY  
March 20-22,  
2020**



**August 20-22, 2020**

**ORLANDO  
FLORIDA, USA**

Always to extend the hand and heart of OA to all who share my compulsion, for this I am responsible.

**Before you take that first compulsive bite... turn it over, and take an action!**

**Around-the-Clock Hotline  
Call before you take that  
first compulsive bite!**

1am-3am	Keisha	754-224-8835
3am-5am	Darlene	954-299-8038
5am-7am	Donna	954-295-8271
7am-8am	Joyce	954-684-8152
9am-1pm	Andi	954-295-1123
1pm-3pm	Dorothy	954-429-3576
3pm-5pm	Paul	954-593-3881
5pm-7pm	Terri	954-551-7827
7pm-9pm	Lois	954-604-8490
9pm-11pm	Mort	954-815-2058
11pm-1am	Marcia	954-790-8912
Spanish Calls	Fela	305-527-1942

**OA Tools**

**A Plan of Eating  
Sponsorship  
Meetings**

**Telephone**

**Writing**

**Literature**

**Action Plan**

**Anonymity**

**Service**

**Speakers Bureau**

The following is a list of members willing to be speakers. These OA members are willing to give service by sharing their experience, strength, and hope at your meetings. Please confirm their availability to speak and be sure they meet your group's speaker qualifications, if applicable. If you would like to join the list, please let us know and we will add your name!

Andi S.	954-295-1123	Heather	954-806-7766
Bill Z.	508-294-5136	Joyce M.	954-684-8152
Booky	561-573-4372	Kevin	786-566-8112
Dolores	561-265-5668	Lonna	305-338-0423
Fela	305-527-1942	Louis	954-496-3278
Flo M.	954-870-7233	Ted S.	954-921-8370
Maureen H.	954-600-1483	Mort B.	954-969-9516
Mike F.	954-270-9169	Patty G.	561-927-0542

**Seeking Out Service**

Any form of service that helps a reach fellow sufferer adds to the quality of our own recovery. Members can give service by getting to meetings, putting away chairs, putting out literature, and talking to newcomers. Beyond the group level, a member can serve as intergroup representative, committee chair, region representative, or Conference delegate. <https://oa.org/groups/service-bodies/service-bodies/>

**From the Pinellas Traditions Intergroup Newsletter:**

*In the August issue of "Lifeline", there was an interesting reminder about what would happen if our Intergroup didn't function anymore. Have you realized that we have a telephone answering service, newsletter, website, meeting list, reference for speakers and sponsors, fellowship events, workshops, communications with Region 8 and World Service, public outreach and professional information efforts, many different committees all working together to help the suffering compulsive overeater. All these would go away if our Intergroup did not exist. Do you participate with Intergroup? Where would the newcomer go? Were we here for you? Please consider giving service to our wonderful fellowship that saved my life! Thanks, JR*

**OA Literature**

**- No Shipping or Handling Fees -**

Your OA Literature is now available locally at cost. Intergroup absorbs shipping and handling costs to help make literature more affordable for you. **If you or your meeting is in need of literature, please contact Diana, 954-234-7696 goldcoastoa+lit@gmail.com**

- OA 12 & 12 \$13.50 / Workbook \$12**
- Voices of Recovery \$12 / Workbook \$12**
- For Today \$12 / Workbook \$12**
- 12 Step Workshop & Study Guide \$13.50**
- Abstinence, Second Edition \$11**
- Beyond our Wildest Dreams \$6**
- Overeaters Anonymous, 2nd Edition \$5**
- Overeaters Anonymous, 3rd Edition \$13**
- Seeking the Spiritual Path \$9.50**
- Taste of Lifeline \$13.50**

**A New Beginning: Stories of Relapse from Recovery \$10**  
**AA Big Book, 4th Edition \$9.50 hardcover / \$9 softcover**  
**AA 12 & 12 \$9**

*Brochures, Pamphlets, and Recovery coins also available.*

**Broward OA**  
[www.oabroward.org](http://www.oabroward.org)

**Local information** on new literature, events, meetings (phone, online and face-to-face), conventions, workshops and more from your OA Gold Coast Intergroup, Region 8 and World Service Organization!

**Get this newsletter (in color) delivered to your email the first of every month. Subscribe online.**

**Virtual Online Meetings**  
[www.oavirtualseervices.org](http://www.oavirtualseervices.org)

**More than 400 virtual telephone and online meetings each week for compulsive overeaters, bulimics and anorexics.** Meetings are available every day and most any time during the day or night.

**A Vision 4 You**

**OA Big Book Study**  
**Live Meetings Call 712-432-5210**  
**Conference ID: 876148#**

Mon. - Fri. 7am-8am (recorded)  
 9am (unrecorded)  
 10am-11am (recorded)

**Sunday Special Edition Meeting 8:30am**  
 Check the calendar online to view upcoming Special Editions.

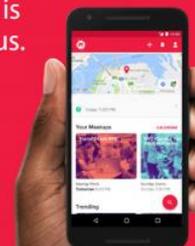
**Archived Meetings 712-432-5203**  
**Conference ID: 876148#**  
**0# accesses most recent recordings**

[www.avision4you.info](http://www.avision4you.info)

Listen and/or download podcasts of daily and Special Edition meetings and read AA's Big Book/12&12 online

Your digital bulletin board for times and locations of our local OA meetings. Personal info is kept safe and anonymous.

**meetup**  
 Gold Coast  
 OA Intergroup



Always to extend the hand and heart of OA to all who share my compulsion, for this I am responsible.

# Step 1

We admitted we were powerless over food – that our lives had become unmanageable.

## According to a Dictionary:

**Admitted** – to accept the truth or existence of (something) usually reluctantly

– to make an acknowledgment of something unpleasant as true or valid

acknowledged, conceded, confessed, fessed (up), granted, owned (up to), came clean (about)

**Powerless** – unable to act or achieve one's purpose

– devoid of strength or resources

– lacking the authority or capacity to act

helpless, incapable, weak, ineffective, defenseless, incompetent, inept, useless, feeble, frail, infirm

**Unmanageable** – not manageable: difficult or impossible to control or manage

out of hand, uncontrollable, ungovernable, unruly

## The War's over, Stop fighting!

"I've got good news and bad news for you: The good news is the war's over...the bad news is you lost the war. Stop fighting, you lost...."

I'll never forget when my sponsor said that to me, it all clicked! But only for a second– then the clarity vanished in the midst of the next food comma, and I continued on the stubborn path to 'pitiful and incomprehensible demoralization' for several months until I hit desperation and a bottom that stuck.

He was 100% right. I had tried everything imaginable to manage/control my overeating and weight gain. Everything I tried failed eventually. I started to realize that there was definitely something wrong with me when it came to food! And now I was finally out of ammo, out of ideas, there were no more diets to try, it was the end of the road. I couldn't stop eating and I couldn't live without food. Each of the 15 questions applied to me, with the exception of two – and that was a delusion!

Pain is a marvelous teacher, unfortunately. And in my case more suffering was required for his words to really sink in, for me to fully understand and accept that I was beat and the only thing to do was give up, completely. An unconditional surrender, that is what it took, and that is what it takes each day.

Surrender meant I needed to stop trying to run my life, my food, and my program! I had been going to meetings for several months and working with a sponsor, but at best I was using OA as a diet with group support, and doing that wasn't working. The new guiding principle became: "If it's working keep doing it, if it's not, try something else!". With new enthusiasm I committed to a plan of eating, tried new things, began seeking and following suggestions made by people whose recovery I respected. Doing that led me to going to a meeting a day (or listening to A Vision for You, OA Speakers App, Youtube), speaking with 3 people from program each day, speaking with my sponsor daily, working on assignments daily, using the tools, doing the deal. It worked, little by little HP made abstinence possible for me, I thought I was a hopeless case....

But today I am free from the obsession and the pain of compulsive eating and so can you!

My abstinence day is October 16, 2017. It is G-d-given.

Each day I ask G-d for it: "G-d, please keep me abstinent today. That I may do your will, and that I may be useful to others". And at night I say Thank you: "G-d, thank you for keeping me abstinent today. I hope that I did your will and that I was useful to others."

I am living a life beyond my wildest dreams, and so can you! The program works, if I work it!! ❖



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# Also happening soon...!

## Overeaters Anonymous 12 Step Workshop

A 15-session workshop designed to help participants achieve and maintain abstinence through working all Twelve Steps.

10 am to 12 pm every Wednesday:  
February 12, 2020—May 20, 2020

The following OA approved literature will be used in the workshop sessions and homework assignments:

The 12 & 12 of OA (2nd ed)      The AA Big Book (4th ed)      The 12 & 12 of AA  
Overeaters Anonymous, 3rd Ed.      Voices of Recovery      For Today

We suggest you don't purchase literature until you have attended the Introductory Session and have decided to join us. The suggested donation is 3\$/class or \$35 total if paid at the end of the Introductory session. It is suggested that you have access to the OA Twelve Step Workshop & Study Guide, the cost is \$13.50.

**Nobody will be turned down for lack of funds, all are welcome!**

In the Introductory Session, we'll go over the course outline, our commitment to you and what's expected from you. After the first session, this will become a closed meeting. Virtual Attendance will be available. Please call Sande (see below) for details.

**Presented by Gold Coast Intergroup ~ 12 Steps Within Committee**

Chairs: Sande K and Val R

For more information contact: Sande at 954-610-6205 or Val at 954-616-9800

Location: Saint Benedicts Episcopal Church

7801 NW 5th Street, Plantation, FL 33324

Saint Peter's Room: room & parking at the back of church



# Are you a Compulsive Overeater?



## Fifteen Questions

Now that you have found Overeaters Anonymous, you may want to make sure our program is right for you. Many of us have found it useful to answer the following questions to help determine if we have a problem with compulsive eating.

Are You a Compulsive Eater?	Yes	No
1. Do I eat when I'm not hungry, or not eat when my body needs nourishment?		
2. Do I go on eating binges for no apparent reason, sometimes eating until I'm stuffed or even feel sick?		
3. Do I have feelings of guilt, shame, or embarrassment about my weight or the way I eat?		
4. Do I eat sensibly in front of others and then make up for it when I am alone?		
5. Is my eating affecting my health or the way I live my life?		
6. When my emotions are intense—whether positive or negative—do I find myself reaching for food?		
7. Do my eating behaviors make me or others unhappy?		
8. Have I ever used laxatives, vomiting, diuretics, excessive exercise, diet pills, shots, or other medical interventions (including surgery) to try to control my weight?		
9. Do I fast or severely restrict my food intake to control my weight?		
10. Do I fantasize about how much better life would be if I were a different size or weight?		
11. Do I need to chew or have something in my mouth all the time: food, gum, mints, candies, or beverages?		
12. Have I ever eaten food that is burned, frozen, or spoiled; from containers in the grocery store; or out of the garbage?		
13. Are there certain foods I can't stop eating after having the first bite?		
14. Have I lost weight with a diet or "period of control" only to be followed by bouts of uncontrolled eating and/or weight gain?		
15. Do I spend too much time thinking about food, arguing with myself about whether or what to eat, planning the next diet or exercise cure, or counting calories?		

Have you answered "yes" to several of these questions? If so, it is possible that you have, or are well on your way to having, a compulsive eating or overeating problem. Your next step is to go to the Overeaters Anonymous website, [oa.org](http://oa.org), and Find a Meeting.

OA Board Approved.  
 Reprinted from *Fifteen Questions*  
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 Overeaters Anonymous, Inc.  
 World Service Office  
 PO Box 44020  
 Rio Rancho, New Mexico 87174-4020 USA  
 1-505-891-2664  
[info@oa.org](mailto:info@oa.org) • [www.oa.org](http://www.oa.org)

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City/Time	Meeting Type	Location	Contact	MTG #
<b>SUNDAY</b>				
*Wilton Manors 12:15 pm	Speaker/Discussion	<b>Pride Center</b> 2040 N Dixie Hwy. (First building on left)	<b>Darlene</b> 954-299-8038	#46694
*Pompano Beach 6:00 pm	Voices of Recovery/ For Today	<b>Christ Church</b> , 210 NE 3rd St. (Classroom 6 across from playground on 3 <sup>rd</sup> Ave)	<b>Betty</b> 517-303-2465	#51690
<b>MONDAY</b>				
*Plantation 10:00 am	Big Book	<b>St. Benedict’s Episcopal Church</b> 7801 NW 5th St. (St. Elizabeth room)	<b>Charles</b> 954-600-6280	#21830
^Hollywood 10:30 am	OA 12 & 12	<b>4th Dimension</b> , 4425 Hollywood Blvd. (N. side of Hollywood Blvd between I-95 and Turnpike)	<b>Sheila</b> 786-837-3093	#51180
#Hollywood 6:45 pm (Spanish language)	Big Book/Speaker (Spanish language)	<b>Rebel’s Drop-In Center</b> /Behavioral Health Outpatient Bldg. of Memorial Regional Hospital, 3400 N 29 <sup>th</sup> Ave.	<b>Doris</b> 305-332-5832	#56526
Boca Raton 7:00 pm	OA 12 & 12/Speaker	<b>Regents Park Nursing Home</b> 6363 Verde Trail	<b>Bobbie</b> 561-477-7914	#27229
*Plantation 7:30 pm	Speaker	<b>St. Benedict’s Episcopal Church</b> 7801 NW 5th St. (St. Mark’s Room)	<b>Lila</b> 954-593-6621	#56171
<b>TUESDAY</b>				
*Boca Raton 10:00 am	OA/AA 12 & 12	<b>Good Shepherd Lutheran Church</b> 6301 SW 18th St.	<b>Nancy</b> 561-343-5587	#02797
*Hollywood 6:30 pm	OA 12 & 12	<b>Rebel’s Drop-In Center</b> /Behavioral Health Outpatient Bldg. of Memorial Regional Hospital, 3400 N 29 <sup>th</sup> Ave.	<b>Susan</b> 954-593-4232	#00304
*Boca Raton 6:00 pm	Big Book: A Vision for You	<b>Stratford Court of Boca Raton</b> 6343 Via De Sonrisa Del Sur (Park in Team/Guest parking)	<b>Richelle</b> 954-326-8069	#54854
<b>WEDNESDAY</b>				
#Hollywood 10:00 am	OA 12&12/Big Book	<b>Topeekeegee Yugnee Park/TY Park</b> , Keep right/ follow sign to the Pavilion 2	<b>Ellie</b> 248-342-8822	#27545
Boca Raton 10:00 am	Speaker	<b>Science of Mind Church</b> 2 SW 12 <sup>th</sup> Ave.	<b>Karen</b> 561-706-1743	#30002
*Margate 6:30 pm	Discussion	<b>Prince of Peace Lutheran Church</b> 6012 NW 9 Court	<b>Lois</b> 954-604-8490	#00880
*Cooper City 6:45 pm	Big Book Study, Occasional Speaker	<b>Milestones in Recovery</b> 2525 Embassy Dr. (Suite 10)	<b>Leigh</b> 954-682-2653	#50467
<b>THURSDAY</b>				
*Pembroke Pines 10 am	OA Literature	<b>Pines Baptist Church</b> (in rear trailer) 800 NW 102 Ave. (Palm & Johnson)	<b>Jeanette</b> 954-430-0928	#31812
*Plantation 10:00 am	OA 12&12/ “Abstinence” book	<b>St. Benedict’s Episcopal Church</b> 7801 NW 5th St. (St. Elizabeth’s Room)	<b>Brenda</b> 954-609-7393	#40172
Boca Raton 9:30 am	11 <sup>th</sup> Step/ Spirituality	<b>Good Shepherd Lutheran Church</b> 6301 SW 18th St.	<b>Karen</b> 561-706-1743	#56655
Boca Raton 1:00 pm	Big Book	<b>Patch Reef Park Community Center</b> 2000 W Yamato Rd.	<b>Ronni R.</b> 914-217-0001	#53679
Boca Raton 7:00 pm	Literature	<b>Our Lady of Lourdes Catholic Church</b> 22094 Lyons Rd. (Christian Formation Building, Room 201)	<b>Ron</b> 561-483-0500	#00903
*Davie 7:00 pm	Newcomer/ Young People’s	<b>West Broward Club</b> 8396 State Road 84, 2 <sup>nd</sup> Floor	<b>Tess</b> 305-962-5989	#57046
Hollywood 7:00 pm	Speaker	<b>Sober Today Club</b> 1633 S 21st Ave. (Purple Room)	<b>Andrea</b> 786-210-7977 <b>Jessica</b> 954-806-4206	#54106
<b>FRIDAY</b>				
*Margate 6:30 pm	Big Book	<b>Prince of Peace Lutheran Church</b> 6012 NW 9 Court	<b>Mort</b> 954-815-2058 <b>Mike</b> 954-675-7382	#52805
<b>SATURDAY</b>				
*Boca Raton 9:30 am	90 Day Speaker (Special Interest)	<b>Good Shepherd Lutheran Church</b> 6301 SW 18th St.	<b>Melinda</b> 561-541-4790	#39822
*Coral Springs 10:00 am	Big Book/Discussion	<b>Broward Health Coral Springs</b> , 3000 Coral Hills Dr. (Classroom A/B/C)	<b>Sue</b> 754-307-5678	#48428
*Plantation 10:00 am	Big Book: A Vision for You	<b>St. Benedict’s Episcopal Church</b> , 7801 NW 5th St. (St. Luke’s Room)	<b>Nancy</b> 954-600-9513	#41217
*Hollywood 10:30 am	Big Book/Discussion	<b>Sober Today Club</b> 1633 S 21st Ave. (Green Room)	<b>Ellie</b> 248-342-8822	#20653